

Employee Assistance Program (Civilian Assistance): 800-222-0364 or 478-327-7683

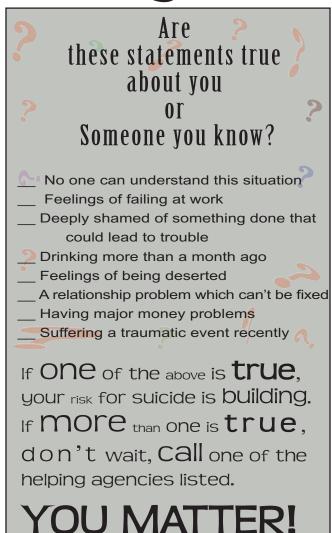
Mental Health (For Active Duty & Emergency Civilian Evaluation) 478-327-8398

Military Life Consultant 478-327-2987

Chaplain 478-926-2821

American Foundation for Suicide Prevention 888-333-2377

## Pream Robins members committed suicide in 2008. That is too many! You Matter!





## YOU MATTER!

Suicide is not prevented in the hospital emergency room. It is prevented in the unit by addressing quality of life concerns on a daily basis.

Suicides can be prevented. Pay attention to the people in your lives. Watch for signs: Recent traumatic events, relationship issues, feeling disconnected from others and alone, heavy drinking,money problems, and substance abuse.

## FINAL THOUGHTS ABOUT SUICIDE

- △ Suicidal thoughts are more common than most people care to admit
- △ It is important to let people know when you feel overwhelmed
- △ Suicide is a permanent solution to a temporary problem. You Matter!